

Fall/Holiday 2005

HOUSTONIAN *Member*

**New Group
Exercise
Classes**

**Houstonian Holiday
Celebrations:
Just Your Style!**

**One Member's
Shape Up
Success**



Mark Stevens
General Manager
The Houstonian Club

A Minute With Mark

Can you believe it? It is already the holiday season. It happens every year; we scurry around with all the hustle, bustle and extra demands on our time and energy. Our fitness regimen seems to get placed on the back burner, behind holiday functions, office parties and shopping. Here are a few suggestions for maintaining your energy level during the holiday demands.

Get the Most from your Membership

The Houstonian has many opportunities to enjoy and get you into the holiday spirit. From the annual Tree Lighting, Frosty's Follies and Christmas Brunch, to the New Year's Eve Celebration and specials at The Hotel, you should take full advantage of all The Houstonian services to enjoy the holidays with your family, friends and business associates.

Energize with Exercise

During the holiday overload, it's easy to drink too much

caffeine. Too much caffeine makes you feel tired and less productive. Instead of reaching for that caffeine or the quick fix energy pill, come to The Club and get in a good workout. A good workout helps you feel physically relaxed and alert, relieves stress and tension, and helps increase your concentration. Exercise also helps enhance the quality of sleep. If your workouts have become routine, grab one of our professional staff and reward yourself with a new workout program for the holidays.

Pamper Yourself

Holidays traditionally mean taking care of others prior to taking care of your own needs. The holidays demand time and energy that leave us feeling fatigued. Sleep may be some of the answer, but part of a good fitness regimen should be to pamper your body. Trellis is a great place to start. Services are available for Members that cater to every need. If you want to prepare for upcoming holiday meetings and parties, see our expert salon staff for a new hair style and color.

From The Houstonian staff - We wish you a very Happy and Healthy Holiday Season!



Jim Mills
Manager
The Houstonian Hotel

Hotel Happenings

It has been an exciting year for The Hotel. We have completed two major renovation projects - the pools and our guest room bathrooms. We are pleased to offer these improvements to our Members and guests as we continue to improve our facilities and services. I invite you to include The Hotel in your autumn plans. As we begin to 'gear up' for a busy fall and holiday season, I thought it would be of value to review some information pertinent to visiting The Hotel, in particular some of our credit and parking procedures.

- Members will be granted a special Member discount by providing their Member number. To provide additional security and protection, a credit card will be required as back up for the reservation and when the guest is checking into The Hotel. This eliminates the risk of unauthorized use of Membership account numbers. This also identifies The Hotel guest since some Member numbers are associated with multiple users.
- Valet parking at The Club is made available to Houstonian Club Members while they utilize The Club or Trellis Spa. At The Hotel, complimentary valet parking is made available for the patrons of Olivette and The Bar, as well as guests of our holiday brunches. For any other valet parking at the hotel, the flat rate of \$8.00 will apply.

We look forward to welcoming Members and their guests to The Hotel. I invite you to think of us as a handy "spare bedroom" when hosting out of town family or friends. We are ready to provide unique touches to make you or your visitors feel especially pampered. Our concierge staff is at your disposal to make any necessary special arrangements or to suggest ideas and activities to personalize your visit. I hope that we may be of service to you in the coming months.

Tania Van Schalkwyk promoted to Fitness Director

We are pleased to announce the promotion of Tania Van Schalkwyk as Fitness Director for The Houstonian Club. Tania is an integral part of the Club's success and brings new light and direction for our fitness areas. Specifically, she will oversee personal training, fitness services, leagues, wellness and fitness related special events.



Please join us in congratulating Tania!

4th of July!

Members enjoyed live music, food, games and fun on the year's most patriotic holiday.



Labor Day Party!

Members celebrate Labor Day at the New Resort Pool!



Adventure Excursion

Led by Steven Garza, Members Mirina Hill and Shawna Proaler enjoyed a hiking and climbing excursion with Houstonian Club experts Chad Fuqua and Robert Boustany. The Adventure Trip took place in Divide, Colorado with a dreamy view of Pike's Peak.



Holiday Club Hours

Thanksgiving	6:00 am – 4:00 pm
Christmas Eve	6:00 am – 4:00 pm
Christmas Day	9:00 am – 4:00 pm
New Year's Eve	6:00 am – 4:00 pm
New Year's Day	9:00 am – 4:00 pm

Spanish Tapas Night at the Manor House

Wednesday, October 12
6:00 – 9:00 pm

Come celebrate the joys of Spain!
Enjoy tapas, sangria, Spanish wines, cocktails
& the exciting latin rhythms of Yelba!
\$45 per person

For reservations, call 713.685.6840

Hotel Holiday Packages

Members' Special Holiday Rates at The Hotel
November 20 – 27
December 18 – 30

Treat yourself or make arrangements for family and friends for the holidays. Enjoy deluxe accommodations starting at \$129 per night. Upgrades to the Concierge Level are available at an additional \$50 charge.

Or take advantage of one of our Holiday Packages featuring room nights, dining opportunities, holiday shopping transportation, gift wrapping services, movies and other amenities.

For more information, call 713.685.6810 or visit www.houstonian.com.

Periwinkle Foundation Cycle for Life



Saturday, October 22
8:00 am – Noon
The Club

This annual indoor bike-a-thon on stationary bicycles raises funds for programs for children with cancer and other life-threatening illnesses. For more information, call 713.807.0191.

Thanksgiving Brunch



Thursday, November 24

Houstonian Grande Ballroom

Seatings 11:00 am – 2:30 pm

\$49 Adults • \$16 Children ages 5-12

Children under 5 complimentary.

Brunch includes complimentary valet parking,
Champagne and Mimosas.

For reservations, call 713.685.6888.

Manor House

Seatings 11:00 am – 2:30 pm

\$54 Adults • \$16 Children ages 5-12

For reservations, call 713.685.6840.

FALL FESTIVAL

Sunday, October 23
2:00 – 4:00 pm
The Meadow



Children may dress in their favorite Halloween costumes and enjoy Moonwalks, a petting zoo, balloon artist, pumpkin patch, caricature artist, snacks and much more. \$8 per person. Children under 2 complimentary. For reservations, call 713.685.6888.

Caution/Traffic Slow Down!



Please exercise caution when driving on The Houstonian campus. Numerous pedestrians, including children and the elderly, use The Club drive. Drivers must yield to pedestrians at all times. The speed limit while on campus is 10 mph.

PLEASE DRIVE SLOWLY!

HOLIDAY ENTERTAINMENT

Mondays – Saturdays
November 25 – December 17
6:00 – 7:00 pm
The Great Room at The Hotel

Experience the joyous sounds of the holiday season while relaxing by the 30-foot stone fireplace in the Great Room. Local choirs, hand bell groups, violin ensembles, soloists and more will usher in the holiday spirit while you enjoy our special Gingerbread Nights menu of coffees, cordials, and pastries.



Prices do not include tax and gratuity.

TREE LIGHTING

Sunday, November 27
5:30 – 7:00 pm
The Meadow

Celebrate this traditional prelude to the holidays with the lighting of The Houstonian's grand Texas Live Oak, festive music, holiday goodies and snow! Frosty the Snowman, The Grinch and other friends will also join the fun. As an entry fee, please bring a non-perishable food donation to support the event beneficiary, the Community Family Centers of Houston.



Holiday Shopping Card Program

Thursday, October 27 – Sunday, November 6

The Houstonian Sports Shop will again participate in the American Cancer Society Holiday Shopping Card Program. Holiday Shopping Cards will be available at The Sports Shop for a \$60 donation, and all proceeds go directly to the charity.

All Holiday Shopping Card holders will receive a 20% discount at The Sports Shop and other participating merchants during program dates. For information, call 713.685.6719.

Holiday Parties At The Club

Host your company party or entertain clients in The Club Boardroom and Library, adorned with festive holiday decorations. Hors d'oeuvres, cocktail or dinner parties accommodating up to 40 guests start at \$29.95 per person. Let us arrange everything for you, including the bartender, photographer and live entertainment. For more information or to make reservations, call Marcile Barnett at 713.685.6814.



Frosty's Follies

Sunday, December 11
11:30 am – 2:00 pm
Houstonian Grande Ballroom

Children will enjoy a scrumptious buffet, visits with Santa and Frosty, arts and crafts, music, balloon and caricature artists and much more.

Adults \$35

Children (12 and under) \$16

Limited Seating—Tickets must be purchased in advance.
For information, call 713.685.6814.

New Year's Eve

Saturday, December 31
8:00 pm
The Houstonian Hotel

Dance to Two Bands
The Green Onions
& The Grooves



Casino games, hors d'oeuvres, dinner, midnight breakfast buffet and party favors!
\$249 per person inclusive (room included, double occupancy)

Party only
\$199 per person inclusive.

Children's New Year's Eve Party (overnight at The Club)
\$50 for children 5-12.

Members will receive a \$20 per person discount for tickets purchased before December 16.
For reservations, please call 713.685.6810.



Christmas Brunch



Sunday, December 25

Houstonian Grande Ballroom

Seatings 11:00 am – 2:30 pm

\$49 Adults • \$16 Children ages 5-12

Children under 5 complimentary.

Brunch includes complimentary valet parking,

Champagne and Mimosas.

For reservations, call 713.685.6888.

Manor House

Seatings 11:00 am – 2:30 pm

\$54 Adults • \$16 Children ages 5-12

For reservations, call 713.685.6840.

Prices do not include tax and gratuity.

AQUATICS

Swimming & Cross-Training

by Erica Meyer

There's nothing quite so soothing for muscles tired from the impact of aerobics, kick boxing, spin classes or running as immersing yourself in the gentle massage action and quiet calm of water. Swimming is a zero impact sport, and is the least stressful cross-training activity. It's ideal to help prevent and recover from injuries.



That said, swimming is no walk in the park, either. No other activity comes as close to being the perfect full-body fitness exercise. Swimming gives the most severely stressed muscles a better active recovery than spinning or low impact exercises, but it also uses many muscles that many dry-land exercise neglect. Shoulders, arms and hips get plenty of work while your ankles get extra flexibility. Swimming also demands special attention to your breathing patterns, and the control you learn in the pool can translate to more efficient breathing during difficult exercise sessions. Swimming sessions can be designed for either endurance or for sprints – aerobic or anaerobic workouts. You only have to swim ¼ the distance you would run to get a comparable workout. For interval training, for example, 100 meter repeats in the pool would be equivalent to 400 meter repeats on the track. A six mile run would be equivalent to a 1.5 mile swim. Of course, new swimmers may find it difficult to swim so long. Unconditioned muscles, poor balance and improper technique make for inefficient swimming; lessons may not be a bad idea.

Because of the cooling effect of the water, you'll find that your heart rate will be about 10 beats slower per minute than an equivalent dry-land workout. When training in water, try not to fall below that 10 beat adjustment. To get the best workout, try to keep up a steady swimming effort, kicking gently, but constantly.

The Houstonian offers a unique variety of water related classes from beginner to elite, horizontal (lap swimming) to vertical (Aqua-jogging and Water Fitness) and young to golden years. For more information, please contact the Aquatics Department at 713.685.6751.



SWIMFIT

Tuesday - Thursday	5:45 – 6:45 am
Monday - Friday	9:00 – 10:00 am
Monday, Wednesday, Friday	Noon – 1:00 pm
Monday, Wednesday, Thursday	6:30 – 7:30 pm
Monday, Wednesday	7:30 – 8:15 pm
*Beginners, Saturday	8:00 – 9:15 am
*Beginners, Sunday	8:30 – 9:30 am

* Beginners is a seasonal class that will end at the end of October.

AQUATICS CLASS SCHEDULE

TIME	CLASS NAME	TIME	CLASS NAME
MONDAY		THURSDAY	
10:00 am	H.A.R.T.	9:30 am	Water Walking
11:05 am	Aqua-Pilates	FRIDAY	10:00 am Boot Camp 11:05 am Poolates / Yoga 11:40 am The Spa Workout
11:30 am	Liquid Mind & Body Workout		
TUESDAY			
8:00 am	Aquatic Spinning	SATURDAY	
WEDNESDAY		8:00 am	Hydro Kal
10:00 am	Hydro Power	9:00 am	Aqua Sculpt
11:05 am	Abs-o-lutely	9:30 am	Poolates
11:35 am	Aquatic Power		

THORGUARD System Monitors Lightning

- ThorGuard is a lightning predictor system which monitors the likelihood of lightning within a 12 mile radius of The Houstonian Campus.
- Once it senses activity within a 2.5 mile radius of The Houstonian campus, the system sends out an audible signal.
- At this time, the pool decks will be off limits. If you are exercising outdoors (tennis, track, classes) you should immediately take cover in the Gazebo or inside The Club.
- The ThorGuard system will send a three-blast signal when the area is clear of lightning conditions. At this point, it is safe to resume your outdoor activities.



RunFit

Marathon and Half-Marathon Training Program

RunFit is a training program to help people prepare for the Houston Marathon on January 21, 2006. The program offers a 21-week schedule that incorporates cross training, core stability and cardio-conditioning. The program consists of six training days a week that include three days of running and a day each of swimming (active recovery), spinning (strengthening and cardio), and core work (for stability).

The program began on August 13, but Members may still join until October 15 if they are physically ready to join the group. Please contact Annebelle Landa, RunFit Program Coordinator at 832.457.1934 or blanda@houstonian.com.

BOOT CAMP

October 11 – November 17

6 week camp – 12 sessions

Tuesday & Thursday

5:30 – 6:15 am



High intensity workout focusing on strength, endurance, agility, core conditioning and flexibility. On The Meadow, tennis courts and outdoor track or indoor gym if raining.

You must be registered for the entire 6 week class to attend.

For information, call Alicia Harrison at 281.702.2597.

Land Navigation Clinic and Event

Saturday, October 22

9:00 am

Bastrop State Park

These classes will teach you how to read a topographic map and use a compass as well as use those skills to navigate through the woods. We will meet 2 or 3 times and go over everything you need to know before the event takes place. The pre-event classes will be held at Memorial Park. Cost is \$100 for classes and an additional \$10 if you enter the map hike division (recommended).



For information on both events, contact Bob Talamini at 281.279.5144.

Noninvasive Skin Rejuvenation

Wrinkles, sunspots, and spider veins are an inevitable reminder of the aging process. Now, noninvasive techniques for skin rejuvenation are available for reversing the skin damage caused by sun exposure and time.

A recommended series of six treatments can often improve skin tone and texture for a full year. Members may call for a free consultation.

For more information, call 713.680.2611 or send an email to info@houstonianmedical.com.



John Matocha, M.D.
Houstonian Medical
Associates

Group Exercise

New Classes

Vinyasa 2 with Nina Helms

Mondays

6:00 – 7:00 am, Studio C

Boustany Yoga with Robert Boustany

Tuesdays

Noon – 1:15 pm, Studio C

X-press Weights with Joei Didow

Wednesdays

9:45 – 10:15 am, Studio A

Evening Master Classes

By popular demand, Masters Classes will be offered on the following dates and times:

Fusion

Wednesday, October 12

7:00 – 8:15 pm, Studio A

Fusion

Wednesday, December 7

7:00 – 8:15 pm, Studio A



I am a Resolution Shape Up Success Story!!

by Karen Michlewicz

I used to be a person who never had to worry about weight and never put much stock in exercising. As a result, I gradually put on pounds and found myself facing a weight of 165. My clothes, a size 12/14. With a floundering New Year's resolution to lose weight in tow, I called Catherine Kruppa and signed up for Resolution Shape Up. Entering the 12-week program on January 27, we set a baseline, taking weight, measurements, body composition, VO2, strength and flexibility.



At the end of the first program and after only 10 weeks, Karen lost 23 pounds, 23 inches and 5% body fat. After the second eight-week program Karen lost another 7 pounds, 4.5 inches and 3.1 % body fat

Nutrition

With Catherine's input, I learned so many valuable nutrition tools. I emptied my freezer, gutted our pantry, and flushed out the refrigerator. I learned about the benefits of fiber and soy, how metabolism plays a significant role, to read labels, as well as menus and make special requests. I dropped any preconception about foods that I once walked right by. They included words like tofu, meatless, eggbeaters and whole wheat.

Perhaps two of the biggest misconceptions that I now argue: I must be starving. On the contrary – I'm eating 6 meals a day! And, the food must be bland and boring. It doesn't have to be! I've enjoyed so many new foods, ways to adapt old recipes to healthy ones and tasty desserts.

Exercise

In making my commitment, I opened my mind and learned how to exercise. I threw myself into the routines that Ronnie and Leslie put us through and Patrick drilled on cardio. In my off days, I logged cardio. I received continuous support in classes, weekly calls and emails from Ronnie and Leslie. And as an unexpected result, I developed muscle definition that I never had.

With the unbelievable support from my husband, Robert, I participated in the first program and surpassed my goal. Then I moved on to maintenance in the second 8-week program. After all, how can 11 weeks change a lifetime of bad habits? Now, we've settled into our new lifestyle. It involves a regular exercise regimen and a solid nutrition plan. And remember those size 12/14 clothes? Well, now I'm buying size 2.



Nutrition Seminars

Wednesday, November 9
11:00 am

From healthy and easy holiday cooking to an eating survival guide.

Grocery Store Tours

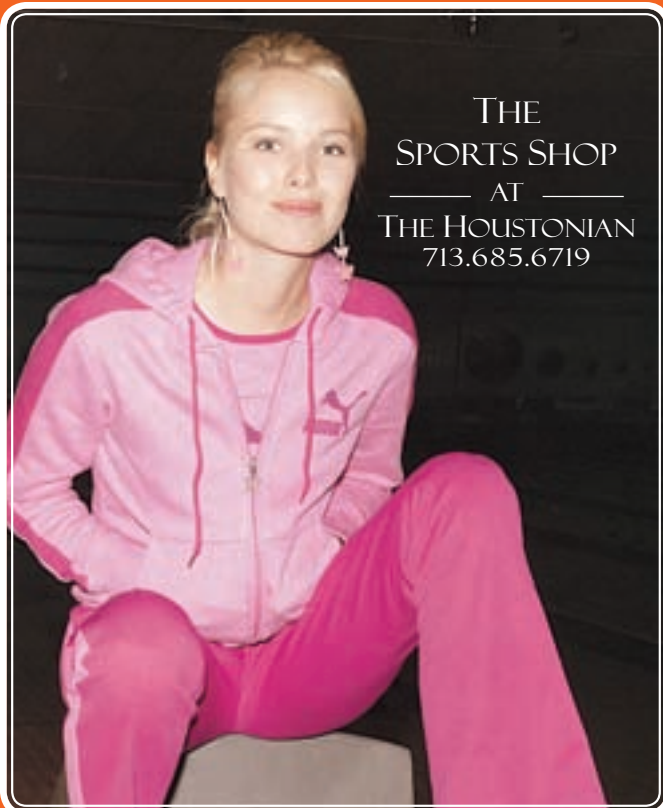
Thursday, October 20
6:30 – 8:00 pm
Whole Foods Market

Thursday, November 17
10:00 – 11:30 am
Central Market (Westheimer location)

For reservations, call 713.316.2707.

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THE
SPORTS SHOP
— AT —
THE HOUSTONIAN
713.685.6719

• LACOSTE • MOD O'DOC • FARE-

FALL FOR FITNESS!!!

Vivian Whitten's 100th Birthday Party

Happy Birthday!
Vivian Whitten celebrated her
100th birthday recently at The Club.

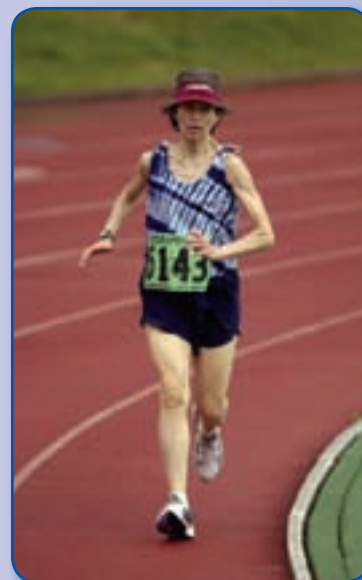


From left (standing) Beverly Bannen, Betty Henningan, Carmen Knebel, Merle Hunsacker, Kerstin Talamini, Tania Van Schalkwyk, Mitzi Ruff, Sam Grow (seated) Flo Schwartz, Vivian Whitten, Margaret Bradshaw

Lorelei de la Reza

Houstonian Member, Lorelei de la Reza, "the basketball lady" who spends countless hours on the basketball court, recently returned from two weeks of competition and camaraderie at the National Senior Olympics held in Pittsburgh, PA. Lorelei participated along with 10,000 other senior Olympic athletes from around the U.S. Her basketball team, representing Texas, placed 5th in their age group.

Additionally, in her 60-64 age group, she won silver medals in the 800m and 1500m track races and a bronze medal in the 5k road race. Since Lorelei doesn't specifically train for the running events, she credits the intense cross training activities at The Houstonian - dance, fat burner, kickboxing, and basketball classes - for her competitive fitness level.



RACQUET

PROGRAMS

Raquetball Clinic

Wednesday, October 19 - 5:00 pm
Call John Douthitt, 713.685.6721.

Squash

Private & Group Lessons Available
Call Guy Cowen, 713.685.5212.

Ladies' Tennis Clinics

3.5 - 4.5 levels
Fridays, 9:30 - 11:00 am

Ladies Group Lessons Advanced Beginners

Wednesdays, 6:30 - 8:00 pm
\$23 per class

Doubles League

3.5 level & up
Mondays, 6:00 - 8:00 pm
\$10

For more information,
call Leo Contini at 713.685.6847.

STRAIGHT SETS

The Houstonian's Tennis Team, The Straight Sets, won first place this year in the HLTA's A-2 Ladies Division Spring Season. Pictured from left to right (seated) are Debra Baker (co-captain), Lori Shellist, Maureen Yanke (co-captain), (standing from left) Kate Russ, Angela Longo, Julie Schouest, Laura Thomas and Lisa Seymour. (Not pictured are Madeline Haenggi, Carol Hess, Lety Perez, Trish Shapiro, Molly Whitaker, Kelly Tronzo and Deana Crawford). Congratulations to the Straight Sets for another winning tennis season!



FALL JUNIOR TENNIS PROGRAM

Mondays

3:45 - 4:30 pm Ages 4-6*
4:30 - 5:30 pm Ages 7-10**
4:30 - 5:30 pm Ages 11-15***

Tuesdays

3:30 - 4:30 pm Ages 4-6**
4:30 - 5:30 pm Ages 7-15**
4:30 - 6:00 pm Advanced Group***

Wednesdays

4:30 - 5:30 pm Ages 7-10**
4:30 - 5:30 pm Ages 11-15**

Thursdays

3:45 - 4:30 pm Ages 4-6*
4:30 - 5:30 pm Ages 7-15**
4:30 - 6:00 pm Advanced Group***

* \$50 per month

** \$65 per month

*** \$96 per month

For more information, contact Leo Contini
at 713.768.9328 or 713.685.6847.

COACHING 1-2-1

Private instruction for children ages 5 and up, teaching hand-eye coordination and balance, and one-on-one training on sport specific skills such as baseball, basketball, soccer, etc.

\$60 per hour

For information, call Carter Ayers at 713.685.7911.

Bluefins Swim Team Victorious At League Championships

Congratulations to The Houstonian Bluefins Swim Team on an outstanding season. This year's team was the largest in Club history with 244 members. Special thanks to Madeline Gregory (10 years), Ashley Rolland (8 years), Joseph Niehaus (6 years), and Claire Foster (3 years) for all their years as Bluefin swimmers.

**We hope to see everyone back again next year.
See you at the pool!**



Sharks & Minnows

Sharks & Minnows is for children ages 5-7 who are too advanced for swim lessons, but not quite ready for a swim team. Minnows is for the children who are less advanced. Sharks is for children who are more advanced.

Try-outs will be held to determine skill levels.

There is limited space. Registration forms can be found at the front desk or the aquatics offices.

Programs started on September 12. Minnows will meet 4:15 - 5:00 pm and Sharks will meet 5:15 - 6:00 pm.

Stephanie Evans will be the coach this fall season.

Please contact Vicki Luu for more information at vluu@houstonian.com or 713.685.6751.

DOLPHINS



**Mondays - Thursdays
5:00 - 6:00 pm**

The Dolphins Swim Program is designed to aid in the development of the four competitive strokes, starts and turns and to build a basic understanding of the sport, thus preparing children for more intense programs and/or school competitions. The focus is placed on proper techniques, building endurance and overall fitness within a low-key and fun environment. A child must be 7 years of age with intermediate - advanced skills.

The Tournament Course at Redstone Golf Club Is Here

The Tournament Course at Redstone Golf Club is now open and available to Houstonian Club Members at the special rate of only \$95, which includes forecaddie, cart and range ball fees (public rate is \$125).



From left, Rees Jones and David Toms

The 7,422-yard, par 72 course is an original Rees Jones design, and will serve as the new home of the Shell Houston Open beginning this spring. PGA TOUR player David Toms served as a design consultant on the project. The opening of the course marks the return of the Shell Houston Open to a public golf course after a temporary stop on the current Member Course at Redstone since 2002 while The Tournament Course was under construction. Uniquely free of any housing development, the new course will be a rarity among the properties that currently host PGA TOUR events. The Shell Houston Open at Redstone Golf Club, Houston's only PGA TOUR stop is now one of only 11 PGA TOUR events to be played on a public course.

"It has a natural beauty that people are going to be overwhelmed by," said course designer Rees Jones. This is the third course designed by Rees Jones for Redstone Golf Management. Jones, designer of Shadow Hawk Golf Club and The Houstonian Golf & Country Club, has designed or redesigned more than 100 courses, many selected as sites for major national and international championships. Tee time reservations are available by calling 281.459.7820.

The Member Course at Redstone Golf Club is now private and available to golf club Members and their guests only. Redstone Golf Club Members enjoy a full calendar of golf and social events, and the Redstone Passport, which includes complimentary playing privileges at both the private and public courses at Redstone Golf Club, The Houstonian Golf & Country Club and both courses at BlackHorse Golf Club. In addition, Members receive special rates at The Dick Harmon School of Golf at Redstone Golf Club opening this winter. For membership information and offerings, please call the membership department at 281.459.7833.



Hole #18 at The Tournament Course is a 484-yard, par five.



HOUSTONIAN

Lite

Complimentary Initiation Fee for Houstonian Club Members

Members of the Redstone family of private clubs, which include The Houstonian Club and our golf clubs, may join Houstonian Lite with no Initiation Fee. Monthly dues are \$70 for individuals under 55 years of age and \$55 for individuals 55 and older. In addition, members of Houstonian Lite Downtown will soon be enjoying two new group exercise studios. Construction is under way, and classes will include cycle, yoga, mat Pilates, muscles and cardio-kick, to name a few. Visit us at www.houstonianlite.com.

Redstone Bank

Friends & Family Banking Now Available

Redstone Bank is now offering its new "Friends & Family" package to all Houstonian Club Members. The package includes all the bank services you've come to expect, but at no charge.

That means free debit cards, free and unlimited bill-pay and banking services on-line, free checks, cashier's checks and Traveler's Checks, and no ATM surcharges or fees. No minimum balance is required. With the "Friends & Family" package, Members can also earn an extra 0.25% above Redstone's posted rates on certificates of deposit (excluding promotional offers), and 50% off the yearly rental of safe deposit boxes (lockers excluded).



Experience the Redstone Bank difference.

Drop by Redstone Bank Memorial on the first floor of The Redstone Building, or Redstone Bank Tanglewood at 5018 San Felipe, next to Rice Epicurean and join the "Friends & Family" program. For more information call 713.316.3660.

Member FDIC

'Tis the Season to enjoy!

Holiday Spa Packages

Trellis Delight

Includes a Decléor Facial, Classic Manicure, Spotlight of Color makeup application and lunch or dinner.

3.25 hours - \$150

Perfectly Polished

Includes an Aromatherapy Massage, Classic Manicure, Classic Pedicure, Spotlight of Color makeup application and lunch or dinner.

4.25 hours - \$185

Pure Bliss

Includes a Decléor Facial, Tension Relief Cocoon, Classic Manicure, Shampoo, Blow Dry, Spotlight of Color makeup application and lunch or dinner.

5 hours - \$300

Power Recharge For Men

Includes a Deep Tissue Massage, Deep Cleansing Facial and Sports Pedicure.

3 hours - \$250

Tranquility For Two

Includes a soak in the Couples Hot Springs Shiatsu Tub, Stone Therapy Massage, Couples Waterfall Swiss Shower, Decléor Facial and lunch or dinner.

4.25 hours - \$550 for two



Gift Cards and Gift Certificates Available!

Call 713.685.6790 for details or
for a complete list of services, visit www.trellisspa.com

Resident Members may deduct 20%. Associate Members may deduct 10%.



THE HOUSTONIAN
HOTEL, CLUB & SPA

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